



**Q: What IS Inova BabyNET?**

**A:** Inova BabyNET is a free, confidential program that supports expectant and breastfeeding parents.

**Q: Who can join Inova BabyNET?**

**A:** Inova BabyNET is available to all Inova employees and their spouses regardless of the number of hours they work or how long they've been with Inova.

**Q: What? Are you saying I don't even have to work for Inova?**

**A:** That's right. If you are married to an Inova employee, you qualify.

**Q: What does Inova BabyNET offer me?**

**A:** Inova BabyNET provides newsletters, tip sheets, answers to individual questions by email and telephone, ongoing support by Care Manager nurse and a private website with additional resources.

**Q: How do I get a Care Manager (and why do I want one)?**

**A:** Inova Inova BabyNET's Care Managers are all nurses with years of experience supporting pregnant and breastfeeding women. They will answer your questions with no hurry and no pressure.

Everyone who enrolls in Inova BabyNET gets a Care Manager. You can email your Care Manager as often as you want, and you should expect to hear from her at least once a month.

A Care Manager will be assigned once you enroll in Inova BabyNET.

**Q: Does everyone take the Personal Needs Assessment?**

**A:** Yes, both the Pregnancy and Lactation programs have Personal Assessments. These on-line surveys will take less than five minutes to complete and help your Care Manager address your individual needs and concerns. All information in this form is held in complete confidence.

**Q: Can I choose which parts of Inova BabyNET I use?**

**A:** Absolutely, this is a totally voluntary program. Although we hope you find each part of the Inova BabyNET interesting and useful, we welcome you to any feature of Inova BabyNET you chose. **We do ask, however, that each person complete their Individual Risk Assessment.**